Pre & Post Workout	Calories	Carbs	Fat	Protein	Sodium	Sugar
Optimum Nutrition - Instantized Bcaa 5000 (Orange), 2 Level Scoops	10	3	0	0	0	1
Add Food | Quick Tools	10	3	0	0	0	1
Breakfast						
Optimum Nutrition - 100% Gold Standard Whey - Double Rich Chocolate, 1 Rounded Scoop (30.4g)	120	3	1	24	130	1
Blue Diamond - Almond Breeze Unsweetened Almondmilk, Vanilla, 1 cup	40	2	4	1	180	0
Adams - Peanut Butter ~ 100% Natural (Creamy), 1 tlbs	100	3	8	4	53	1
Shakeology - Chocolate Shake, 1 scoop	150	17	1	18	100	9
Generic - Banana Medium (7"), 1 medium banana 126g	105	27	0	1	1	14
Add Food | Quick Tools	515	52	14	48	464	25
Snack #1						
Think Thin - Caramel Fudge Protein Bar, 1 Bar	240	23	9	20	300	0
Add Food | Quick Tools	240	23	9	20	300	0
Lunch						
Kirkland Signaturte (Costco) - Chicken Tenderloins, 6 oz	165	0	2	38	300	0
Reser's - Baja Cafe - Pico De Gallo Salsa, 2 Tbsp	10	2	0	1	210	1
Kroger - Fat Free Cottage Cheese, 1/2 cup	80	5	0	15	390	3
Cuties - Mandarin Orange, 2 SMALL	72	17	1	1	0	13
Add Food | Quick Tools	327	24	3	55	900	17
Snack #2						
Large Egg - Egg, 1 large egg	70	1	5	6	65	0
Egg Beaters - Liquid Egg Whites, 6 Tbsp	50	0	0	10	150	0
Rose - Canadian Bacon-Fully Cooked-Sliced , 2 slices	30	1	1	5	350	1
Fred Meyer - 100% Whole Wheat English Muffin, 1.5 muffin	195	39	2	11	345	3
Add Food | Quick Tools	345	41	8	32	910	4
Dinner & Snack #3						
La Tortilla Factory - Low Carb Whole Wheat Flour Tortilla 80 Cal, 1 tortilla	80	18	3	8	300	1
Kraft - Natural Shredded Fat Free Chedder Cheese, 1/4 Cup (28g)	45	2	0	9	280	0
Costco Rose Brand - Sliced Canadian Bacon, 2 Slices	25	1	1	5	310	1
Kirkland Signaturte (Costco) - Chicken Tenderloins, 4 oz	110	0	1	25	200	0
Beachbody - Greenberry Shakeology, 0.5 Packet (40g)	70	10	0	8	48	6
Fred Meyer - Greek All Natural Plain Non-Fat Yogurt, 0.25 cup	38	2	0	6	29	2
Banana - 7- 8 Inches, 0.5 banana (118g)	53	14	0	1	1	7
Add Food | Quick Tools	421	47	5	62	1,168	17
Totals	**1,858**	**190**	**39**	**217**	**3,742**	**64**
Your Daily Goal	**2,000**	**200**	**44**	**200**	**2,500**	**36**
Remaining	**142**	**10**	**5**	**-17**	**-1,242**	**-28**
	Calories	Carbs	Fat	Protein	Sodium	Sugar